

USEFUL HINTS FOR THE FARM.

NOTES AND COMMENTS.

COOKING RECIPES.

Boiled Ham—Cook a small ham until tender. Put it on to cook in cold water, and if salty pour off one water. When tender take off the rind and fill the fat with cloves, sticking them about a half an inch apart. Take one-half a cup of seed vinegar and a tablespoonful of sugar. Mix and pour slowly over the ham. Set in the oven and brown for half an hour. Delicious warm or cold.

Chicken Pie—Choose a good fat hen, cut up and stew slowly until meat will slip from bones. Place meat carefully in a large pan that can be put on the table. Make plenty of rich gravy, if the thickening for gravy is beaten smooth in a batter, then thinned before pouring into the boiling milk, it will never be lumpy. Pour over the meat enough gravy to barely cover and cover all with a rich biscuit dough rolled about half an inch thick. Let the dough cover the edge of the pan. Stewed chicken and light biscuit are almost as good, but a crust baked above a pan of gravy has a flavor that it can get nowhere else. Bake in a big brown chicken pie dish a table and please a family of children almost as much as a turkey.

Brown Bread—One heaping coffee cup of corn, rye and Graham meal, or two cups of whole wheat flour and one of cornmeal. Stir the three together very thoroughly. Mix with two heaping teaspoons of New Orleans molasses, two cups sweet milk, one cup of sour milk, one heaping teaspoon of soda and one of salt. Then add four and beat well. It may seem too thin, but it isn't. The pound baking powder calls for the most for steaming it. Fill each can the above will make six cans—a little more than half full and set in cold water. Two milk pans do nicely to steam it. Set the cans in one and cover with the other. Boil or steam four hours. Set in the oven one-half to dry and brown.

Oatmeal Gems—Put one pint of oatmeal in large bowl with one teaspoonful of salt. Pour on this one pint of boiling water and stir well. Then put in one-half cupful of molasses. Add one-half yeast cake in one heaping cupful warm water. Last stir in thoroughly one quart of flour. Let it rise several hours—it can be mixed at night and put in gem pans in the morning. Bake about twenty minutes in hot oven. Half quantity will be ample for one meal.

Dainty Oyster Patties—Cut one head of celery into half-inch lengths, cover with boiling water and cook until soft, then rub through a colander. To one cupful of prepared celery add one-half cupful of cream, one teaspoonful of salt and a pinch of pepper, thickened with a tablespoonful of flour rubbed in a paste with one tablespoonful of butter. Now stir in one-half pint of oysters cooked until they are plump and their edges curl. Then fill into hot patty shells.

Beef Outlets With Potatoes—Chop lean, raw beef very fine and season with salt, pepper and onion juice. Press lightly into outlet shapes, egg-and-breadcrumbs and fry in deep fat for about four minutes. Surround with slices of potato fried in deep fat. Serve with tomato sauce.

Oatmeal, Stewed Figs and Cream—Stir and cook half a cupful of oatmeal in three cupfuls of boiling salted water ten minutes; turn into individual cups and bake two hours standing in a pan of boiling water. Set aside. For serving, set the cups in hot water; reheat; turn from cups and surround with cold stewed figs or prunes and cream.

Vienna Apple Cake—To one pint of flour add one-half teaspoonful of salt and one and one-half teaspoonful of baking powder; sift all together; rub in two tablespoonfuls of butter; pour on this one beaten egg and two-thirds cupful of milk, mixed thoroughly. Spread the dough about half an inch deep on buttered baking pan. Place a thin layer of sweetened apple sauce over the dough. Bake in a quick oven for about twenty-five minutes. Serve with powdered sugar, cinnamon and cream or a simple sauce. Suggested.

Bread Pudding—This is delicious if properly made. Take one pint of bread-crumbs, excluding all crusts, one quart of milk, the yolks of four eggs, one teaspoonful of cornstarch, one cupful of sugar and the grated rind of one lemon. Beat the eggs and sugar to a cream; add the cornstarch, dissolved in some of the milk, then the remainder of the milk, and last the bread-crumbs and lemon-rind. Bake in a moderate oven about forty minutes. Spread a layer of jam or jelly over the top. Beat the whites of the eggs to a stiff meringue with two tablespoonfuls of granulated sugar, add a little of the lemon-juice, and spread over the jelly, then place in a quick oven until nicely browned. This is very good with an orange marmalade instead of the jam; or cranberry marmalade and the jelly make a nice substitute.

Old Yankee Fruit-Cake—This recipe requires two eggs, two and one-half cupfuls of dark brown sugar, three-fourths of a cupful of lard (part butter), two cupfuls of sour milk, four cupfuls of flour, two cupfuls of raisins, one level tablespoonful of soda, two cupfuls of currants, one level tablespoonful of ground cinnamon, same of ground cloves, and a little nutmeg. Mix the sugar and lard, and add the eggs (well-beaten); next add the sour milk, into which the soda has been beaten until it foams a frothy white; add the flour and spices, and lastly the currants and raisins. Chopped nuts may be added if desired. Bake slowly for one hour.

Christmas Plum-Pudding—Mix one pound of dried currants, one pound of beef suet, chopped fine, one pound of raisins, one pound of broad-crumb and one pound of flour, and add enough New Orleans molasses to moisten. Tie up in a cloth, and boil for two and one-half hours. Sauce: Mix one cupful of brown sugar, two tablespoonfuls of flour stirred in a little cold water, and a piece of butter the size of an egg, with one cupful of boiling water. Place on the stove, and let it come to a boil or until thickened. Flavor with a little lemon.

A Remarkable Cow.

According to a current item, an Indiana man, whose name is not given, wishes to show in the St. Louis Exposition of 1904 a cow named "The Queen of the West." It is a cow with five legs, five hips, two tails and two udders. She is 7 years old and raised a calf last year. Being so well equipped with udders, she ought to surpass every other cow in the world as a milkmaid.

COOKING RECIPES.

Pork and Eggs—Pickled pork scrambled with eggs forms a second wholesome breakfast dish. Cut the pork into dice pieces, and when partially fried add the beaten eggs, and stir until the eggs are cooked. This dish is better when served on lettuce.

Fried Potatoes—For breakfast, fried mashed potatoes make a palatable dish. These can be prepared ready for frying from the potatoes left from dinner the day before. Take one quart of mashed potatoes, and a piece of butter, one cupful of powdered bread or cracker crumbs, one-half cupful of cream, one beaten egg, one tablespoonful of finely chopped onion, a seasoning of salt and pepper, and a dash of powdered sage or summer savory. Shape into balls, and fry in hot lard.

Queen apple pudding is now in season. Make a rich crust, and roll out in an oblong sheet. Spread with chopped apples, cinnamon, sugar and butter (cream the sugar and butter together for convenience in spreading). Roll up like a jelly cake, and cut off in two-inch lengths. Strain the slices in a dripping pan, with a little water around them, and bake thoroughly for thirty minutes. Very good either hot or cold. If desired it may be baked in the entire roll, instead of slices.

Caramels—One pint sweet cream, two pounds sugar, and one heaping teaspoon cream of tartar. Stir gradually while cooking, boil until it will harden when tried in cold water, then remove from the fire and flavor with lemon or vanilla. Pour at once on buttered tin, and mark off into squares before it hardens.

Spanish Nut Candy—Have ready one pound English walnuts, pecans, shelled, blanched and chopped. Boil together until it will candy, three cups light brown sugar and one cup milk. Just before it is done add one tablespoon butter and one teaspoon vanilla, and stir in thoroughly the chopped nuts. Pour out on buttered tin and before it hardens mark off into squares.

Honey Candy—Boil together two cups granulated sugar, one-half cup water and four tablespoons clear honey. When it will candy in cold water, pour it out on buttered tins, and when it begins to harden, mark it off with a buttered knife into inch squares.

HOW HORSES ARE FED.

In order to get some idea of what the average horse was being fed, some investigations were made by the class in feeds and feeding under Professor Plumb of the Ohio State University, among the different classes of horses in Columbus.

In these investigations it was aimed to get the horses under different kinds of work and to see what feeds and feeds they were receiving. The following are a few of the results, which may be taken as representative of the places visited:

1. A stallion belonging to McLaughlin Bros., exercising about twenty minutes a day and going on an average about a mile, was fed eight pounds oats, ten pounds bran, two pounds carrots and fifteen pounds timothy hay.

A French coach stallion also belonging to McLaughlin and weighing 1,900 pounds, was fed six pounds oats, five pounds bran, fifteen pounds hay and four pounds carrots.

2. Davidson Transfer Company. Horses weighing 1,400 pounds, driven every day to a transfer wagon, were fed four pounds corn, four pounds oats, four pounds bran and two-thirds of a pound barley twenty pounds hay.

3. Hooper's Breeding Company. Horses going from five to fifteen miles per day received twenty pounds hay, ten pounds oats, three pounds bran and a little oil meal a few times a week.

4. Doctor's driving horse, weighing 1,550 pounds, was fed ten pounds corn, three pounds oats and chop and fifteen pounds hay.

5. Fire Department horse, weighing 1,200 pounds, received fourteen pounds hay, ten pounds oats, three pounds bran and one-sixth pound oil meal.

6. A 1,100-pound horse doing medium work on a transfer wagon, was fed twenty pounds hay, five pounds corn and six pounds oats.

The cost of the feeds varies and runs on an average from 20 to 50 cents per day, according to the different kinds of feed fed. In some cases the amounts given are only estimates, as no attempt was made by the feeder to weigh the feed.

In order to show the relative values of the rations given above as compared with a given standard and with each other they have been placed in the following table:

Ration No. 1—Dry matter in 100 pounds, 21.18; digestible protein, 2.40; nutrients in 100 pounds, carbohydrates, 15.77; ether extract, .82; nutritive ratio, 7.3.

Ration No. 2—Dry matter in 100 pounds, 28.61; digestible protein, 1.80; nutrients in 100 pounds, carbohydrates, 15.25; ether extract, .74; nutritive ratio, 9.4.

Ration No. 3—Dry matter in 100 pounds, 28.90; digestible protein, 1.55; nutrients in 100 pounds, carbohydrates, 14.50; ether extract, .78; nutritive ratio, 8.8.

Ration No. 4—Dry matter in 100 pounds, 30.83; digestible protein, 2.13; nutrients in 100 pounds, carbohydrates, 17.01; ether extract, 1.00; nutritive ratio, 9.6.

Ration No. 5—Dry matter in 100 pounds, 22.84; digestible protein, 1.73; nutrients in 100 pounds, carbohydrates, 12.04; ether extract, .71 nutritive ratio, 7.8.

Ration No. 6—Dry matter in 100 pounds, 27.10; digestible protein, 1.51; nutrients in 100 pounds, carbohydrates, 14.80; ether extract, .73; nutritive ratio, 10.8.

Standard Ration—Dry matter in 100 pounds, 24; digestible protein, 2; nutrients in 100 pounds, carbohydrates, 11; ether extract, .6; nutritive ratio, 6.2.

The standard given is for a 1,000-pound horse doing medium work. As is shown by the above all the rations given have a wider nutritive ratio than the standard. They are all high in their percentages of dry matter and carbohydrates with protein, the most essential part, nearly the same.

In all cases the horses were well cared for and were in good condition, showing that the varying rations were meeting the demands. This goes to show that no single fixed standard can be laid down for all conditions.

The standard is intended simply as an aid to rational feeding, and not to be used in connection with intelligent observation on the part of the feeder.

WASTE IN THE KITCHEN.

A writer in the Homestead calls attention, in the following words, to some unnecessary wastes:

Years ago, while helping a rich neighbor cook for harvest hands, I received my first lesson in kitchen wastefulness. We were shelling peas for dinner and when done I hurried to the sink with the pan while she, whose actual avocation was over 300 pounds, crawled over the floor, stretched under the lounge and into corners for the dozen (more or less) that had popped from our hands during the shelling operation. Girl like, I laughed at her for taking so much trouble for a handful of peas. "That's the way we get our wealth," she replied, and thereupon the oft repeated tales of dough scrapings left in the pan, etc., and the details of the scrapping and saving that enabled them to rise from poverty to affluence followed.

I thought then, and have never changed my mind, that she, dear woman, wasted more time and precious energy than the peas were worth. A broom would have sent them to the chickens or swill pail and the loss from the table been unnoticed. The principle, "waste not, want not," is a good one, and "gather up the fragments that are left" is all right, but care is necessary that greater value be not exchanged for the lesser, and not to "save at the splurge and waste at the bung." In the farm kitchen actually nothing need be wasted. Having myself tried faithfully from time to time to utilize left-overs by the addition of eggs, butter, cream, spice, sugar, onions or celery, and then have something for the swill pail at last, I have concluded that the bulk of the housekeeper's efforts must be centered on "counting noses" and closely calculating on how much to cook for each meal, then generally let the runt pig (gift from the neighbor's husband) have the leftovers.

So much for the cook. Along other lines of wastefulness, many a tin pan or kettle is replaced by a new when a few cents invested in a soldering iron and a stick of solder used discriminately would produce its usefulness indefinitely. Thoughtful care will save many a bushel of coal or cord of wood by building no larger fire than is needed, then plan work to utilize heat for as many things as the range will accommodate at once. Do not waste strength standing to churn, pure apples, potatoes and look over fruit, or by running up and down cellar to get a tin when half dozen times might be made to answer the same purpose. This same strength can be utilized by calling on neighbors in the afternoon and recuperating vitality for another day's work.

TEACHING IN RURAL SCHOOLS.

In a recent address Professor L. H. Bailey, Director of the Cornell Experiment Station, in discussing the character of teaching in rural schools maintained in rural schools, said:

"Let us suppose for a moment that the schools were all wiped out and there were no schools left, and any-one of you were asked to go into a county in the United States to found a school and to make a curriculum for it. Let us suppose still further that you had no knowledge whatever of what had been done to educate the children. I am wondering what you would put into the school. I am sure that everyone of you would put into that school something that he had to do with the life of the people who are to go to that school—something of the weather, something of the soil, something of the trees, something of the animals, something of the geography of that particular region—and thereby you would fashion the child to its environment."

"Not so very long ago I was in a district schoolhouse in New York State, where I suppose there were forty-five pupils, covering all ages, and I asked those children who were born on farms to raise their hands, and all hands but one went up. And I asked all those children who desired to live on farms to raise their hands, and only that one hand went up. What are our schools for? What, in the name of the happiness of our children; what, in the name of the stability of our political institutions—what do our schools exist for, if not to put the child in sympathy with his own life?"

"A man may know all there is of astronomy and geology; he may know all there is of all literature, but if he hasn't contentment and sympathy with his life, it avails nothing. In the name, therefore, of 25,000,000 persons who live on farms in the United States; in the name of more than half that number who are in shops and factories, let us begin to teach the things by which men live. Greek and Latin and calculus are no more divine than wood and potatoes are, and every subject in which men are interested can be put into pedagogic form and be a means of training the mind. Any of you who are good teachers can train a child's mind by the study of a plant just as well as you can train it by the study of a Green syllogism; and when you have trained his mind, you have put him into sympathy with the things in the midst of which he lives."

"We live in the midst of common things. When I left the public schools I thought that that government was something with which great men who wear plug hats only had something to do, and with which I should never be called into contact. But now the good teacher believes that the first lesson in civics is in the government of the school and the second in the government of the town and country. And what are nations except school districts grown old and big?"

"When I began geography I began with the universe, and we came down to the solar system, and finally to some of the external features of the earth. Now the good teacher begins geography with the brook on the hill or the cape of the promontory in her own neighborhood and goes on and out developing the child's mind in a natural way until finally it comes into comprehension of the things his strength can grasp, for a child asks what the stone is before he asks what the world is."

Barley Crop Is Increasing.

The production of barley in the United States has increased greatly within the past few years. It is estimated, in a general way, that about two-thirds of the product is used for malting purposes, the remainder being used for feeding. Only a small proportion of the crop is exported; in the record year 1898-99 the exports amounted to 23,000,000 bushels, but in the current year, 1903-04, the quantity of exports in late years is from 6,000,000 to 8,000,000 bushels.

COOKING RECIPES.

Fried Squash—Pare, remove seeds and cut in slices two inches thick, arrange in a cold skillet, add a large tablespoon of butter, sprinkle over one-half cup sugar, cover and let fry, watching closely to prevent burning. Add a little water is necessary. Dress.

Steamed Squash—Cut up in small pieces a dry, rich looking squash. Put into granite kettle, add one-half cup water, cover tightly, set where it will cook very slowly. Stir occasionally to prevent sticking. When done the water should all be evaporated. Beat up light, add lump of butter, a little sweet cream, and serve. Dress.

Squash-If the squash is hard-shelled chop in large pieces and steam over some other vegetable that you are cooking for dinner, to save room on the stove, and when perfectly done scrape out in a pan or crock and season with salt and a tablespoon of sugar and mash thoroughly, then add one-half cup thick cream and whip until light and fluffy like whipped potato. Serve when hot—Mrs. Dell Wood.

Braised Chicken—A fowl too old to roast may be made tender and good by braising and yet present the appearance of a roasted chicken. Prepare it as for roasting, trussing it into good shape; cut into dice a carrot, turnip, onion and stalk of celery. Put them in a pot with a few pieces of sliced pork, and on them place the fowl, with a few pieces of salt pork laid over the breast. Add a bouquet of parsley or a bay leaf, two cloves, six peppercorns, a teaspoonful of salt and a pint of hot water. Cover the pot closely and let it simmer for three hours. If any steam escapes a little more water may have to be added. When done rub a little butter over the breast, dredge with flour and place in the oven to brown. Add a bouquet of parsley or a bay leaf, two cloves, six peppercorns, a teaspoonful of salt and a pint of hot water. Cover the pot closely and let it simmer for three hours. If any steam escapes a little more water may have to be added. When done rub a little butter over the breast, dredge with flour and place in the oven to brown.

Boiled Meats—It is as necessary to quickly boil the surface of meat to be boiled as when it is to be roasted. Plunge the cut into boiling water and keep it at this high temperature for ten minutes; then place the kettle where the water will simmer gently until the meat is done. When a fork can be plunged into the meat and will be tender and retain its best flavor, the quick heating having imprisoned its juices. If it is cooked by boiling hard all the time it is on the fire, it will be hard and tasteless, all its essences having passed into the water.

Fish Tumbables—Pound in a mortar equal parts of lobster and fish of any delicate variety lately cooked. To one ordinary bowlful of this add a gill of boiling water in which a tablespoonful of butter has been melted, season with a level teaspoonful of salt and a salt-spoonful of paprika or less of cayenne or tabasco. Beat this together and add four eggs, one at a time, beating all the while. Lastly, add half a coffee-cup of whipped sweet cream and pour into a buttered mold or several tumbale molds and steam for half an hour while covered. Serve with any fish sauce.

Parsnips—Should be cooked the day before you wish to use them. Peel and boil whole and set away to get cold. When you wish to use them slice lengthwise, roll in flour, and have a couple of tablespoons of hot grease in a frying-pan and fry them a rich brown. Slice a common sized parsnip in about three slices. Serve very hot, and your good husband will be asking every other day, "When are we going to have parsnips again?"—Mrs. Dell Wood.

Suet Pudding—One cup raisins, one cup currants, one cup finely chopped suet, one-half teaspoon cinnamon, one-half nutmeg, one-quarter teaspoon allspice, one-quarter teaspoon cloves, pinch of salt, four cups flour. Mix all together well, and add one-half cup brown or granulated sugar, one-half cup molasses, one cup milk, one teaspoon soda, dissolved in one tablespoon milk, grated rind and juice of one lemon and a well-beaten egg. Stir all thoroughly together and steam four hours. Serve with hard sauce—butter and sugar creamed together, and whipped white of egg added, or any sauce preferred.

RHEUMATISM

NOT A SKIN DISEASE.

It is natural to rub the spot that hurts, and when rheumatic pains are shooting through the joints and muscles and they are inflamed and sore, the sufferer is apt to turn to liniments and plasters for relief; and while such treatment may quiet the pain temporarily, no amount of rubbing or blistering can cure Rheumatism, because it is not a skin disease, but is in the blood and all through the system, and every time you are exposed to the same conditions that caused the first attack, you are going to have another, and Rheumatism will last just as long as the poison is in the blood, no matter what you apply externally. Too much acid in the blood is one cause of Rheumatism; stomach troubles, bad digestion, weak kidneys and torpid liver are other causes which bring on this painful disease, because the blood becomes tainted with the poisonous matter which these organs fail to carry out of the system. Certain secret diseases will produce Rheumatism, and of all forms this is the most stubborn and severe, for it seems to affect every bone and muscle in the body. The blood is the medium by which the poisons and acids are carried through the system, and it doesn't matter what kind of Rheumatism you have, it must be treated through the blood, or you can never get permanently rid of it. As a cure for rheumatic troubles S. S. S. has never been equalled. It doesn't inflame the stomach and ruin the digestion like Potash, Alkalies and other strong drugs, but tones up the general health, gently stimulates the sluggish organs, and at the same time antitoxins and filters out of the blood all poisonous acids and effete matter of every kind; and when S. S. S. has restored the blood to its natural condition, the painful, feverish joints and the sore and tender muscles are immediately relieved.

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JAP'S TRELLIS ORCHARD.

Probably none but a Japanese would think of growing an apple orchard on trellises. Apples have been grown in Japan for only about thirty or forty years, having been introduced into that country from the United States. The Japanese seems to want an apple vineyard rather than an apple orchard and has shaped his course accordingly. The farmer of that country finds it much easier to build such a trellis than would our farmers; for the reason that he has an abundance of that wonderful tree—the bamboo, which is admirably suited for such work as trellises building. The Japanese farmer trellises his pear trees also, cutting off the trunks at about six feet from the ground and extending the branches laterally. Some of the pear trees so trellised have immense trunks and have reached an age of over 100 years.

A FEW THINGS TO KNOW.

When your hens get lazy and fat it will be an excellent plan to make them scratch for a living. If they have to scratch for what they get to eat they will do it to their good. When it is observed that the poultry-house needs cleaning it will be an excellent plan to go to work and clean it and not wait for a rainy day or until all the hens go on a vacation. When the grass is wet keep the little chicks shut up until it is dry. When the comb and wattles are a bright red color it indicates good health. When you enter the poultry-house in the night and hear no "snoring" you may rest assured there is no roop. Chickens always sleep alone when they are afflicted with roop. When you feed hens do not feed them like you would a steer, for a hen cannot eat as much as a steer. There is danger of overfeeding. When you crowd hens in a 24-hr. coop and expect them all to lay well it is time for you to broaden your views or get out of the business. When you get to thinking that every other breed is better than the one you are now breeding it is a sign you are likely never to be contented with any breed. When you come to you with a sure cure for any or all of the diseases of poultry be sure to let it alone. Don't get to thinking there are "millions" in the poultry business for you unless you hustle. There are millions in the business, but it takes time and labor to get them out. Remember this: It is an imperative to produce eggs and hatch them at the same time; one business is entirely separate from the other.

PAID \$2 A YEAR.

A woman writes that she has sometimes cleared \$2 a hen per year, and ascribes it to her great care in feeding. She is a free user of skim milk. Untanned green bone is fed three times a week. Through the year frequent warm mashers are made of bran, a little cornmeal, chopped horse refuse, like potato parings, celery tops and cabbage leaves, or even nettles, to which she adds some cheap, easily spared fat, tallow, suet, dark drippings, etc. Whole corn is fed in winter nights only, and then sparingly. The milk, bone and bran build. The vegetables stimulate the liver and are generally medicinal. The corn warms when heat is needed. The grease helps digest the rest. That woman ought to be successful. She has made her own prosperity. The crows which do not have much care in their early youth, that become "runts," will continue "runts." Early neglect can be in a measure, but not entirely overcome later, because a growing animal has a larger stomach in proportion to its size than it ever has again.

CARDBOARD BASKETS.

Sewing baskets of cardboard covered with cretonne, such as were in vogue several years ago, are again seen in the shops, and are easily made. The bottom is hexagonal in shape, from four to ten inches across, depending upon the size of the basket. Upright pieces, being attached to each side to form the basket. Bottom and side pieces are neatly covered with cretonne on both sides, the upright pieces sewn to the bottom and then joined at the sides with little ribbon bows. Pockets and straps for sewing implements must be attached to the sides before it is fastened to the pasteboard.

UNABLE TO SLEEP AT NIGHT.

Sidney, Ohio, August 26, 1903. A few days ago I was feeling weak and run down and unable to get sleep at night. I felt extremely bad, and also had rheumatism in my joints and muscles. The medicine I used gave me only temporary relief at best; so seeing S. S. S. highly recommended for such troubles, I began its use, and after taking it for some time was well pleased with the result. It did away with the rheumatism, gave me refreshing sleep and built up my general system, giving me a healthy and robust appearance. I am in endorsing it. R. F. D. No. 1. S. S. BOUGHTON.

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